

Cinnamon; the panacea

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Abstract

Cinnamon corrects elevated blood glucose levels and is therefore used and useful in management if diabetes mellitus; type 1 and type 2 (insulin dependent) diabetes.

Keywords: inflammation; diabetes mellitus

Introduction

Cinnamon is rich in antioxidants.

It is obtained from the bark of the cinnamon tree,

It is oily which gives it its characteristic smell.

There is Ceylon and Cassia cinnamon.

It is affordable and readily available.

It protects the body from oxidative damage caused by free radicals.

It reduces markers of inflammation such as C reactive protein and certain isokines.

Cinnamon corrects elevated blood glucose levels and is therefore used and useful in management if diabetes mellitus; type 1 and type 2 (insulin dependent) diabetes.

Cinnamon has even been used with amazing success in acute promyelocytic leukaemia which is thought to be the most aggressive and blood defying disorder of all the acute and chronic forms of death-defying leukaemias.

APL is associated with disseminated intravascular disorder in which the patient bleeds unremittingly through every orifice. (haematemesis and terrible melaena stools!)

It protects the heart by decreasing triglyceride levels and total cholesterol.

1.5 grams or 3/4 of a teaspoon of cinnamon a day will prevent the development of atherosclerosis which protects the heart from fatal heart attacks and deadly arrhythmias.

The spice improves sensitivity to insulin and therefore is a game changer in the control and maintenance of diabetes mellitus.

It decreases the entrance of sugar into the blood stream and mimics insulin in increasing the uptake of sugar into the cells.

It decreases blood sugar levels and has been shown to improve HbA1C levels.

(Glycosylated haemoglobin.)

Long term glucose levels are improved and controlled.

The effective dose is 1 to 6 grams or). % to 2 tsp. of cinnamon per day.

Neurodegenerative changes are avoided.

There is a definite improvement in Alzheimer's and Parkinson' disease.

Cancer prevention has also been described.

Cinnamaldehyde has an anti-cancer beneficial effect.

Infections especially fungi {candida albicans very prevalent in patients with diabetes mellitus) are reduced.

Tooth decay and halitosis are prevented.

Viral infections are avoided and dengue caused by mosquitoes is prevented.

Eat cinnamon to achieve immortality and to live forever.

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